

Blood Sugar Log

Name _____ Units (mg/dL or mmol/L) _____

Tips: Check at the times your care team asked for · Wash and dry your hands before a fingerstick · Write the number your meter shows, even if it seems off · Note meals, insulin and anything unusual, like illness or exercise

Date	Before breakfast	After breakfast	Before lunch	After lunch	Before dinner	After dinner	Bedtime	Insulin / medications	Notes (carbs, exercise, illness)